



STRETCH TO NEW HEIGHTS for Fall outdoor relaxation: Cotton tapestry printed in a pullover top with contrasting knit full cowl collar. Perfect over stretch pants, popularity hit of the season. Pantino has styled this costume in all the perky key Fall shades of its latest collection. **FASHION INFORMATION:** Top—Style 2282, 100% cotton. Wild cranberry, Espresso brown, Indigo blue, Artichoke green. Retail, about \$23. Proportioned slacks—Style 5819 (short-medium), Style 5820 (medium-tall), 60% rayon/40% Helanca nylon. Black, Indigo blue, Wild cranberry, Artichoke green, Espresso brown. Retail, about \$15. Both in sizes 5-16/6-16. At better department and specialty stores everywhere. **PANTINO**, division of Chestnut Hill Industries. Boots by Battani.

Sewing Circles

By BECKY SCHAEFFER

A recent discussion with my editor gave me the idea for today's topic. If you have lined garments, you may have had a problem similar to hers.

We have discussed the difference between underlining, — that is, lining as one, — and regular or innerlining. I have recommended separate linings for skirts, dresses, etc., attaching only at the waist (though darting as one is good), facing and sleeve edges.

The problem with lining as one comes when you are ready to hem. Your kick pleat and darts may cause a problem in bulk. Unless you wish to discontinue your skirt lining above your kickpleat, it will be necessary to remove your lining from the seam a few inches above the hem and above the pleat in back, and finish it separately.

While you can line the pleat, and close the lining in the hem, it will be less smooth. Best way to assure a well-tailored look is to put side and back seams in both skirt and lining separately, and apply the zipper to the outside skirt.

Put the skirts together, whip lining in by hand around the zipper, dart together (slashing darts to remove bulk) and belt as one. Hem separately.

Hemming may seem to be a simple thing until you realize that hems are meant to be entirely invisible, without bulk, and that pleats are intended to be absolutely flat at the hemline. How do you insure a good hem? There are some rules which can be profitably followed.

Always use hem tape, except on lightweight but not translucent materials. Make sure that the color matches, as should the thread. Incidentally, did you know that black and white binding tape can be bought through catalogs for a cost of about three cents per yard? The quality is good.

On some of the fuzzy, heavyweight materials, the hem can be put in with a

running stitch, rather than hemstitching. Stretch the material after each few inches of work to regulate the tightness. Hem stitching should never be done tightly, only firmly.

The best way to regulate tightness when doing regular hemstitching is to keep a finger underneath the material where the stitches are going in. Yes, you're right, one can get stuck that way, but once you learn to "feel" your stitches in, you'll get better looking hems.

All pleats should be clipped above the hemline, because when the pleat is folded and pressed, the seam will get folded in if not clipped, and it will bulge. When pressed, the seam should go one way, the material the other.

It is also a good idea to clip the back skirt seam above your pleat so that the seam may be ironed flat.

TODAY'S HINT
Lining is supposed to make a garment pretty on the inside, so be sure you put things together with the finished side of the lining toward your skin. When applying the lining around the zipper, you will find it very easy if you have pressed back the seam allowance so that with wrong sides together, the zipper allowance in your lining can be spread apart and simply whipped down with the teeth of the zipper showing through. This is a custom finish.

SPRING BULBS
Anemones and ranunculus are a pair of spring-blooming bulbs that should not be overlooked when you set out other bulbs. Soak the dried and odd-looking tubers overnight to hasten sprouting, then plant them in sunny beds about two inches deep. With ranunculus, some protection from foraging birds may be necessary in the early weeks after their tops push up. Birds love the tender tops and will eat them to the nub, if you let them.

DOCTORS LEARNING
Doctors are now learning what makes some people more susceptible to heart attacks than others. This is the first step toward prevention, says your Los Angeles County Heart Association.

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